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Autism is curable; the re-start infant family program for infants and toddlers with autistic behaviour

Stella Acquarone

Parent Infant Centre, UK

Autism affects 1% of the general population (Baird 2003) and 25% of the children born premature (Limperopoulos, 2008). Often it is a different evolution in development from our normal development because of mysterious sensitivities, sometimes physical deficits and interpersonal adaptation, accommodation, reciprocity and parental attachments. Early intensive intervention is possible from a very young age. First we identify the signs of alarm with a 'Mother' scale and an 'Infant' scale and from this we can set up the goals for a treatment. Treatment should include work with the parents alongside working with the baby. They need to find out the cause of the child's impairment to relate, whether is physical or psychological. We have developed two main methods to change development outcomes: the first is consultations of one hour to help gain insight to the parents of what is going on in the baby's mind and difficulties in emotional dysregulation; and the second is The Re:Start programme, an intensive intervention with babies and toddlers that are already showing autistic-like behaviour. To wait until school age for an official diagnosis misses the window of opportunity when the brain is wiring up and/or pruning neurons which could jeopardise emotional and cognitive potential. An early intervention can better the outcome for the child, the family and society as a whole. This treatment – which is 6 hours per day for 3 to 4 weeks by a multidisciplinary team – includes general awareness of physical difficulties and exploration of the specific emotions interfering in the social and communication interactions between the mother/father and baby/toddler. We consider 5 areas with sub-areas that we measure before and after the intervention. All the children who completed The Re:Start programme changed their diagnosis and grew up knowing their difficulties and able to go into main stream education. I will present the graphics with the results of the scale evaluation before and after treatment.

Conclusion: Early signs of autism and diagnosed autism is treatable and could become a thing of the past. The concept and the practice of The Re:Start programme is a great contribution towards the understanding of this condition and the treatment towards making autism curable.

acquarone@aol.com